

## 2021 Adelphi Dolphins Schedule

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM-8:20AM		POD SQUAD 8-8:30	BLUE GROUP	BLUE GROUP	YELLOW GROUP	BLUE GROUP	BLUE GROUP
8:20AM-8:40AM		POD SQUAD 8:30-9:00	POOL RECONFIGURATION	POOL RECONFIGURATION		POOL RECONFIGURATION	POOL RECONFIGURATION
8:40AM-9:30AM		POD SQUAD 9:00-9:30	YELLOW GROUP	YELLOW GROUP	YELLOW GROUP	YELLOW GROUP	YELLOW GROUP
7:30PM-8:45PM		BLUE GROUP 7:30-8:45	YELLOW GROUP 7:30-8:10  YELLOW GROUP 8:10-8:50  *SIGN UP FOR ONE	YELLOW GROUP 7:30-8:10  YELLOW GROUP 8:10-8:50  *SIGN UP FOR ONE	BLUE GROUP 7:30-8:45		

**YELLOW GROUP:** Developing swimmers, typically age 12 or under, who are learning to swim or learning to master the strokes and sport of swimming.

**BLUE GROUP:** More experienced swimmers, typically age 11 and up, who have mastered refined techniques. This group will participate in a faster practice, which will follow specific and more demanding protocols. Swimmers must have the physical ability to keep up with a tougher routine.

**POD SQUAD:** Emerging swimmers, typically 8 and under, who are comfortable in the water--capable of treading water and doing some version of freestyle--but not yet ready to make it through full swim practices.  
Pod Squad practices on Sundays at either 7:30, 8:10, or 8:50. Coaches will assign Pod Squad swimmers to their practice time.